



**FOR IMMEDIATE RELEASE**

Wednesday, July 1, 2009

Contacts:

**Christina McNaughton, UDOH**

(801) 538-6191

**John Whitehead, DEQ**

(801) 538-6053

**Mark Hadley, DWR**

(801) 538-4737

## **New Utah Waterways and Species Added to Utah Mercury Fish Consumption Advisory List**

(Salt Lake City, UT) – Two new locations and one new fish species at an existing advisory location have been added to Utah's Mercury Fish Consumption Advisory list. The advisories are being issued after state officials found elevated levels of mercury in the new and existing waterways

Since 2000, fish have been tested for mercury in 268 bodies of water in Utah. That includes 194 streams and rivers and 74 lakes and reservoirs. Fish in 16 of the 268 waterways had elevated levels of mercury. Advisories are issued for all 16 bodies of water.

The new fish advisories include:

- Newcastle Reservoir (Iron County) – No one should eat **Wiper**.
- Red Fleet Reservoir (Uintah County) - Pregnant woman and children should not eat **Largemouth Bass**. Adults should limit their consumption to two 8-ounce servings per month.
- Steinaker Reservoir (Uintah County) - Pregnant woman and children should not eat **Bluegill**. Adults should limit their consumption to two 8-ounce servings per month.

For a complete list of all Utah Mercury Fish Consumption Advisories please visit the following Web site: [www.fishadvisories.utah.gov](http://www.fishadvisories.utah.gov).

An 8-ounce serving is equivalent to the size of two decks of playing cards. According to

-MORE-

## **Page 2 of 2: New Utah Waterways and Species Added to Utah Mercury Fish Consumption Advisory List**

an analysis completed by the Utah Department of Health, eating more than these amounts over a long period of time could result in an intake of mercury that exceeds the U.S. Environmental Protection Agency health recommendations.

Mercury is a naturally occurring element that can be transformed into methyl mercury, a toxic form found in some natural waters. Those most vulnerable to the effects of mercury toxicity include women who are pregnant or may become pregnant, nursing mothers, and young children. Chronic exposure to low concentrations of methyl mercury in fish may result in neurological effects in the developing fetus and children. Any health risks associated with eating fish from the fish advisory areas are based on long-term consumption and are not tied to eating fish occasionally. Eating fish remains an important part of a healthy diet. The American Heart Association recommends individuals consider consuming two fish or seafood meals weekly.

There is no health risk associated with mercury for other uses of the reservoirs, streams, rivers or creeks, such as swimming, boating and waterskiing.

Not all water bodies have been tested and further testing may result in additional advisories. Utah fish consumption advisories are issued in partnership between the Utah Department of Health, Utah Department of Environmental Quality and the Utah Department of Natural Resources.

For more detailed information please visit the following Web site:  
[www.fishadvisories.utah.gov](http://www.fishadvisories.utah.gov).

# # #

*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*